

AUGUST 2024

# CAMBRIAN

## NEIGHBORS



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Family

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[reedanimalhospital.com](http://reedanimalhospital.com)

Dr. Reed and his staff are dedicated to providing comprehensive veterinary care with a personal touch. The hospital offers a wide range of services including adult and senior pet wellness, puppy and kitten wellness, dentistry, dermatology and emergency care. The facility is equipped with a complete in-house laboratory, digital X-ray and a full pharmacy. Dr. Reed and his team prioritize treating each pet as if they were their own, ensuring compassionate and thorough care for all patients.



Dr. Juliet Tablak

**HEALTH AND WELLNESS**  
Los Gatos Chiropractic and Wellness Center  
Juliet Tablak  
408-891-8222  
Email Address: [info@los gatoswellness.com](mailto:info@los gatoswellness.com)  
[www.los gatoswellness.com](http://www.los gatoswellness.com)

Dr. Juliet Tablak, D.C. is a chiropractor and functional medicine practitioner. She specializes in individual health care for women and has a passion for working with women who are struggling with hormonal imbalances from PMS through menopause; including infertility, pregnancy, and postpartum care. Dr. Tablak is the owner of Los Gatos Chiropractic and Wellness Center, a multidisciplinary women's health clinic, in Los Gatos.



Danielle Patterson

**COMMUNITY CENTER**  
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Danielle Patterson  
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JCC Los Gatos is your neighborhood community center, welcoming people of all faiths and backgrounds and specializing in a wide range of total health and lifestyle programs for people of all ages and abilities.

We are powered by Jewish Silicon Valley, a non-profit that ensures a vibrant Jewish community and promotes the well-being of all people by providing visionary leadership, philanthropic support, meaningful programs and experiences rooted in Jewish values and traditions. Follow us @JCCLOS GATOS.



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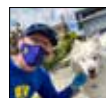
Grow Beyond has a dual mission of providing both pediatric and maternal health occupational therapy services in order to improve continuity of care and quality of life for women and children across the lifespan. We understand that while parenthood can be a new and exciting experience, it can also be difficult and overwhelming, which is why we are here to help. We believe that when parents thrive, children thrive. And when children thrive, families thrive.



Belinda Yamashiro

**COOKING CLASSES AND PARTIES**  
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408-784-3000  
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I have always loved spending time in the kitchen and sharing great food with friends and family, and I am thrilled to be able to share my passion for cooking and baking with the kids, adults and families in the San Jose community, and hope to inspire others to do the same! After all, the kitchen is the heart of any home and how better to show others you care about them than making them something mouth-wateringly amazing?! My culinary crew and I look forward to seeing you in our kitchen and creating delicious, fun-filled memories!



Jameson Elam

**PEST CONTROL**  
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408-418-5278  
[goldstandardtermiteandpest.com](http://goldstandardtermiteandpest.com)

After eight years in the business, Jameson Elam decided in September 2020 to venture into owning and operating his own business. He now has the opportunity to mold his services into exactly what a customer is looking for and offer a warranty that includes the most amount of services as a standard for each client. "Service at a level you deserve" is more than just his tag line, it's the foundation his business is built upon because he truly believes everyone deserves the best.



Jana Parker, MS, LEP, ABSNP

**EDUCATIONAL ASSESSMENT & LEARNING CENTER**  
Mind By Design  
Jana Parker, MS, LEP, ABSNP  
669-282-2510  
[themindbydesign.com](http://themindbydesign.com)

Meet Jana Parker, the CEO and Founder of Mind by Design, an empowering educational psychology and intervention practice in Campbell, CA. Mind by Design specializes in psycho-educational evaluations and offers a range of services, including speech therapy, academic tutoring, executive function coaching, and parent support. Passionate about helping families navigate the educational system, Jana leads her team of compassionate and knowledgeable specialists, striving to help children and families thrive.



Alex Bouja

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"The quintessential advocate every buyer or seller wants and needs," Alex Bouja relies on his wealth of market knowledge, high standards of excellence, and keen negotiating skills on both sides of the table to consistently achieve success for his clients. Backed by the resources of Golden Gate Sotheby's International Realty, this Bay Area native strategically navigates his clients from the initial consultation and market preparation to negotiations and the sale.



Mark Shaheen

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Mark joined the Wells Fargo Home Mortgage Team in 2007. He has 25 years of experience in all areas of mortgage financing and closing loans. Mark grew up in Cambrian, and now lives in Los Gatos with his wife and three sons. Mark truly understands your financial needs and has the knowledge and resources that will allow you to obtain a mortgage that is right for you.



Dr. Bradford Perkins, MD

**FAMILY MEDICINE**  
Dr. Bradford Perkins, MD  
408-378-1101  
[bradfordperkinsmd.com](http://bradfordperkinsmd.com)

I have been a family physician for almost 20 years. Being able to help patients and their families over the long term was something I truly enjoyed, so I chose this field in order to focus on improving lifestyle and wellness, help families through tough times and celebrate life's milestones. I am a concierge family medicine doctor here in Los Gatos and also offer a weight management program and a wellness suite that incorporates the latest technology to help with muscle strength, fat burning and pelvic floor health.



Joe Andrews

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Dr. Raman Nazari

**GENERAL AND COSMETIC DENTISTRY**  
Raman Nazari, DDS  
408-802-3298  
[www.ramannazaridds.com](http://www.ramannazaridds.com)

Dr. Raman Nazari is passionate about educating his patients on how to achieve optimal oral health. As someone who believes in comprehensive dental treatment, he makes sure to customize each patient's treatments towards their own individual needs. Dr. Nazari is committed to continuing his education and staying informed with the newest techniques and technologies in order to provide the best patient care possible. He is also a current faculty member at UCSF School of Dentistry, where he takes great pride in being able to pass down that knowledge to his students. Make an appointment today to see how his practice is devoted to restoring and enhancing the natural beauty of your smile!



Leona Stephenson

**SKIN CARE & HAIR REMOVAL**  
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Leona Stephenson  
408-755-0102  
[www.vividbrowsandskin.com](http://www.vividbrowsandskin.com)

I started my career in esthetics in Arizona 14 years ago before my family and I moved to San Jose. Vivid Brows and Skin has grown from a solo esthetician with one room to now a beautiful, 1000 sq. ft. space with a growing team of awesome humans! We are a local skin care and waxing business that offers customized skin treatments and hair removal for both men and women. Whether you need brow shaping, acne treatment, or want to indulge in a relaxing facial, we have you covered with our team of licensed professionals! We are celebrating six years here in the bay area, and we can't wait to help you with all of your skin care needs!



Mike Potenza

**HEALTH & FITNESS / GYM**  
Mike Potenza and Dan Waters- SPENGA Los Gatos  
408-539-RIDE (7433)  
[info@spengalosgatos.com](mailto:info@spengalosgatos.com)  
[www.losgatosca.spenga.com](http://www.losgatosca.spenga.com)

Mike has been in the performance enhancement industry for 20+ years working with athletes and clients ranging from professional to military to youth sport. Mike currently serves as the president of the Strength Coaches Association of Professional Hockey and is the Director of Strength and Conditioning for the San Jose Sharks Hockey Team.

Dan is a former collegiate swimmer & water polo player. Dan has devoted his career to bringing to market disruptive products and quickly growing revenue for companies Samsung, xnor.ai, Apple, and Siri.

Both families work in Los Gatos, are part of the community, and are proud owners of Spenga.



Kristina Williams

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[kristina@losgatoselite.com](mailto:kristina@losgatoselite.com)  
[www.losgatoselite.com](http://www.losgatoselite.com)

Kristina is a Cambrian native and proud owner of Los Gatos Elite. She has been in the youth sports industry for over 25 years and loves helping children and families through sports. As a mom of four, wife and active member in her community she knows how important making meaningful connections in her community is. Kristina loves to share her experience as a coach, mom, and business owner.

# CAMBRIAN

NEIGHBORS

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**Stephanie King**  
Content  
Coordinator

### FEEDBACK/IDEAS/SUBMISSIONS:

*Would you like to be a part of Cambrian Neighbors? Do you have an adorable pet, community event, recipe, or sports team you would like featured? Do you have any feedback or just want to say hello? Then we would love to hear from you! Please email [stephanieking@bestversionmedia.com](mailto:stephanieking@bestversionmedia.com) with all your Cambrian Neighbors content!*



We are on Instagram!  
[cambrianlivingandneighbors](https://www.instagram.com/cambrianlivingandneighbors)

## || LETTER TO RESIDENTS ||

## Hello Cambrian,



### **Michele Anderson**

Founding Publisher  
of Cambrian Living &  
Cambrian Neighbors

**C**an you believe it's already August? This summer has been truly wonderful for us. We had a great family vacation that was incredibly refreshing. Celebrating numerous family birthdays and our wedding anniversary added extra fun to our days. With the warm weather, my kids practically lived in the water, and we all spent plenty of time outdoors. I really enjoyed daily walks, taking every opportunity to make the most of the weather and cherish moments with my kids while they were around.

We also had a blast hanging out with friends and lots of barbecues, enjoying the laid-back atmosphere and great

company. As we prepare for the start of school, I'm looking forward to settling back into routines. While I admit I crave a bit more structure (I'll probably regret saying that!), I'm eager to embrace the remainder of 2024 with enthusiasm.

I hope your summer has been equally fantastic, filled with sunshine and the joys of our charming community.

Warm regards,

*Michele Anderson*

### **Michele Anderson**

Founding Publisher of Cambrian Neighbors Magazine & Cambrian Living Magazine

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# Meet the **Roberts** Family

BY **STEPHANIE KING**

PHOTOS BY **DANNY B. ACEVEDO, DBAPIX** AND SUBMITTED BY THE FAMILY

In 1981, Pat and Phyllis met through mutual friends. They hit it off so quickly that a month later they were engaged, and three months later they said their “I dos” in an intimate ceremony in a redwood grove in Felton. Two kids, two grandchildren, a handful of pets, and nearly half a decade later, Pat and Phyllis’s love is still going strong—both for each other and for their community!

In 1966, Phyllis’s parents purchased their Cambrian home and raised Phyllis and her siblings there. Nearly twenty years later, in 1985, Pat and Phyllis moved into the same home where they would raise their own children. Pat and Phyllis adore their Cambrian community and Phyllis fondly recalls the sense of community she felt growing up with 25+ kids on the street. Similarly, when the Roberts kids were growing up, they had a group of neighbor kids to run around with as well. The Roberts look back fondly on all the birthday parties, BBQs, and holiday parties they have shared with their neighbors over the years. During COVID, Phyllis even hosted a Native American class on her lawn for the local kids to enjoy. As a member of the Kahnawake Mohawk tribe, Phyllis loved sharing her heritage with her neighbors. Phyllis and Pat are Bay Area natives. After graduating from Camden High school, Phyllis went into the medical field and worked in hospitals for forty-one years, spending most of her time in the operating room. Pat graduated from Cupertino High School and De Anza Community College and worked in an OC quality assurance lab for twenty-seven years before switching to working in a hospital. He still works part time.

The Roberts are big fans of Bay Area sports. As a family they enjoy attending 49ers games, Sharks games, and Giants games (especially when the Roberts kids were younger and the games were still at Candlestick Park!). Both Pat and Phyllis volunteered their time to help with their kid’s extracurricular activities, including marching band at Leigh and art at Carlton and Union. Currently, Pat and Phyllis enjoy being grandparents more than



anything! Their son, Gabe, lives in Pacifica with his wife Stella and their son Conner. Pat and Phyllis try to visit as often as they can. Their daughter, Charlotte, lives out of state with her husband and two daughters. Pat and Phyllis treasure their time and adventures with their grandchildren.

Pets are also a staple at the Roberts home, and over the years they have consistently had a dog or two and a cat. From Border Terriers to Shiba Inus to mutts—the Roberts love all of their four legged friends. Recently, their beloved dog passed away. However, the Roberts have plans to hopefully add another dog, possibly a rescue, to their home in the future.

One benefit the Roberts have found to winding down their careers is it allots them the time to travel! From Quebec to Vancouver Island, California to Virginia, the Roberts love venturing outside of the Bay Area. However they are always happy to return to their Cambrian home!



Email us at [ca.camdenunion@crumbl.com](mailto:ca.camdenunion@crumbl.com)  
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# BOTOXXCAFÉ

BY SHIRLEY MEHTA | BOTOXXCAFÉ



From a young age, I was drawn to healthcare, captivated by its blend of science and compassion. I began my nursing career in 1997 as a nurse assistant, progressing through specialties like ICU, CVICU, and travel trauma contracts, and currently maintaining critical care skills in perioperative services.



procedures. The ability to enhance a person's natural beauty, boost their confidence, and improve their overall quality of life through safe and effective treatments resonated deeply with my core values as a nurse.

Timeless Beauty, Effortlessly Yours. Your Age is Your Business, How You Look is Mine.

I am now a certified nurse injector at BotoxxCafe, having trained through the American Med Spa Associations Academy and the National Laser Institute. I specialize in TMJ treatments, lip fillers, PRP for face and under-eye areas, neck, aging hands, hair restoration with stem cells, and PDO threads. I regularly update my skills with ongoing training in aesthetic medicine.

In 2023 and 2024, I was honored as one of the top 25 nurse injectors in the SF Bay Area by *Soeleish San Francisco Magazine*. I continue to collaborate with aesthetic MDs in the Bay Area to provide top-quality care to my patients.

During each visit, I take my time to understand my clients and examine their facial anatomy to develop the most beneficial and customized plan for each individual. I am passionate about the art and science of aesthetic medicine and achieving a balanced profile and precision when injecting.

My passion for aesthetic medicine developed as I witnessed the profound impact it can have on individuals' self-esteem and confidence. The ability to combine my clinical expertise with artistic precision to enhance my patients' natural beauty was a revelation.

As I delved deeper into aesthetic nursing, I was captivated by the artistry and precision involved in non-surgical cosmetic





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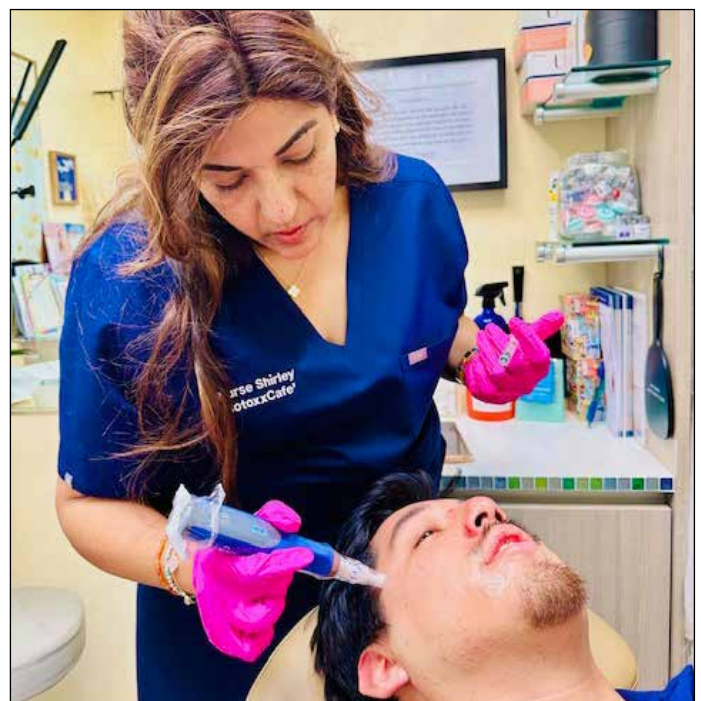
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# AUGUST

**EVERY FIRST AND  
THIRD TUESDAY  
LOS GATOS TOWN  
COUNCIL MEETING**

@Town Council Chambers  
110 E. Main Street  
Los Gatos, CA 95030  
Time: 7pm-8pm

*Come support your community and let your voice be heard! Meetings are open to the public. Information about upcoming meetings can be found at [www.LosGatosCA.gov](http://www.LosGatosCA.gov)*

**EVERY THURSDAY  
FAMILY STORY TIME**

@Cambrian Library  
1780 Hillsdale Ave  
San Jose, CA 95124  
Time: 11:00am-11:30am

*Come participate in early learning activities (specifically for ages 0-5yrs) such as songs, stories, movement, rhyme, and finger play! Parent/caretaker attendance is required. Masks are suggested for ages 2 and up.*

**EVERY SATURDAY  
CHAMP FARMER'S MARKET**

@Princeton Plaza Mall  
14900 Camden Ave  
San Jose, CA 95124

Time: 9:00am to 1:00pm

*Support 40+ farmers, vendors, and local businesses at the Cambrian Farmer's Market.*

**SATURDAY, SEPTEMBER 14TH  
TASTE OF LOS GATOS END  
OF SUMMER EVENT**

@Downtown Los Gatos  
N. Santa Cruz Avenue,  
Main Street & Old Town  
Los Gatos, CA 95030

Time: 1pm-5pm

*Presented by Los Gatos Chamber of Commerce. Enjoy local food vendors, wine and beer, live music, kid friendly activities, and local shopping. Event is free to all, with food and drink passes available for purchase.*

## Exciting Updates for Buyers and Sellers!

Expert guidance is needed to navigate through today's new rule changes. Wendy can demystify the headlines and make the process of buying or selling a home straightforward and cost-effective.

- Understand the new dynamic and how to avoid unexpected costs.
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WM

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## Raman E. Nazari, DDS

Dr. Nazari is a compassionate and energetic dentist who believes in comprehensive dental treatment. He is always inspiring his patients to take steps to achieve optimal oral health through education and customized treatments towards their individual needs.



Dr. Nazari is a native of San Jose and attended Leland High School. After completing his undergraduate studies from University of California Merced, he then attended Columbia University to pursue his Master of Public Health degree in Epidemiology, and soon after went on to earn his Doctor of Dental Surgery degree from the University of California San Francisco.

Dr. Nazari is a former faculty member at UCSF School of Dentistry, where he loved to pass down his knowledge to current students. In order to gain more experience and broaden his knowledge, Dr. Nazari is committed to taking continuing education and staying up to date with the latest techniques and technologies in order to provide the best patient care possible. He is also an active member of the American Dental Association, California Dental Association, Santa Clara County Dental Society, and the American Academy of General Dentistry.

Dr. Nazari's favorite part about being a dentist is forming quality relationships that are based on integrity and putting the patients' best interest at heart. In doing so, he listens to his patients concerns and goals in order to develop a comprehensive treatment plan and includes his patients in the education and decision-making processes.



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**Dr. David Reed**



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# THE PERFECT PALOMA

BY STEPHANIE KING



**A**ugust is the tail end of grapefruit season in California, and farmer markets and grocery stores are stocked with the slightly bitter and highly fragrant citrus. Perhaps the best (or at least my favorite) way to enjoy grapefruit is in a Paloma, a cocktail popularized in Mexico during the 1950s. Palomas have made a comeback and although traditionally they are made with grapefruit flavored soda, I prefer the fresher option of fresh squeezed grapefruit!

## RECIPE:

- Half a grapefruit, juiced
- 1.5oz of tequila blanco
- 4oz grapefruit flavored sparkling water
- Squeeze of lime juice
- Sugar for rim (optional)

Pour tequila and fresh squeezed grapefruit juice over ice and gently stir. Top with sparkling water and lime juice. Sit back, sip, and enjoy the last bit of summer!



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DRE 02002595

# GUIDING PARENTS OF STRUGGLING LEARNERS: NAVIGATING THE EDUCATIONAL SYSTEM WITH INSIGHTS FROM AN EDUCATIONAL PSYCHOLOGIST

BY JANA PARKER, MS, LEP, ABSNP LICENSED EDUCATIONAL PSYCHOLOGIST  
#3272 AMERICAN BOARD OF SCHOOL NEUROPSYCHOLOGY MIND BY DESIGN



**B**eing a parent to a child facing academic challenges can be a daunting experience, and if you are a parent, I know this resonates with you or someone you know. When a parent begins to sense their child is struggling, whether it be academically, physically, behaviorally, socially, or emotionally, anxiety escalates. It heightens our worry, makes us less productive at work, and keeps us up at night. You might be thinking, is this ADHD? Does my child

have a learning disability? Does this behavior seem like Autism Spectrum Disorder? Is my child anxious or depressed? As an educational psychologist, I understand the concerns you may have about your child's struggles in school. My goal in the next few minutes is to provide guidance to help alleviate fears. From understanding the signs to collaborating with educators, here are insights to help you navigate this journey and support your child effectively.

## 1. RECOGNIZING SIGNS OF STRUGGLE:

The first step in addressing your child's academic, emotional, social, and/or behavioral challenges is recognizing the signs. Keep an eye out for changes in behavior, declining grades, frustration with homework, or reluctance to attend school. These indicators may suggest underlying learning difficulties that

need attention. Trust your instincts as a parent, and if you sense something is amiss, it's essential to explore the root causes.

## 2. OPEN COMMUNICATION WITH TEACHERS:

Initiate open and honest communication with your child's teachers. They can provide valuable insights into your child's academic performance, behavior in the classroom, and interactions with peers. Collaborating with teachers allows you to gain a better understanding of your child's strengths and weaknesses and can be the first step toward finding solutions.

## 3. SEEKING A COMPREHENSIVE EVALUATION:

If your child's struggles persist and you notice they are beginning to have a considerable impact, consider requesting a comprehensive psycho-educational evaluation. This evaluation, typically conducted by educational psychologists, assesses various aspects of your child's learning, including cognitive abilities, academic skills, and social-emotional development. It provides a holistic view that can guide personalized interventions and support, such as reading intervention, executive function coaching, mental health counseling, and more. You can seek an evaluation at public expense by referring your child for an evaluation in your local school district. Evaluations conducted at public schools are geared toward determining whether the needs are significant enough to warrant special education services. However, if special education services may not be applicable to your child or you are seeking to deeply understand your child's

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multifaceted learning profile, that's where a diagnostic evaluation at Mind by Design can help.

#### 4. UNDERSTANDING INDIVIDUAL LEARNING STYLES:


An evaluation can unveil valuable information about your child's individual learning style. Understanding how your child learns best empowers you to advocate for tailored teaching strategies and accommodations that suit their unique needs. This insight can be a game-changer in unlocking your child's potential and facilitating a more positive learning experience, whether your child is in public or private school.

#### 5. COLLABORATING ON AN ACTION PLAN:

Once you have a clearer understanding of your child's learning profile, work collaboratively with educators and specialists to develop an action plan. This plan may include personalized interventions, accommodations, or targeted support services. Regularly review and adjust the plan based on your child's progress, ensuring a dynamic and responsive approach to their evolving needs. A plan like this can be developed in the school setting and can incorporate community specialists if needed.

As a parent of a struggling learner, navigating the educational system can be challenging but not insurmountable. By recognizing signs of struggle, fostering open communication with teachers, seeking a comprehensive evaluation, understanding your child's learning style, and collaboratively developing an action plan, you can provide the necessary support for your child's academic journey. Remember, you are not alone in this process, and with informed decision-making, patience, and advocacy, you can make a significant impact on your child's educational success and overall well-being. If you don't know where to start, need personalized guidance, or just need a friendly and knowledgeable ear to help alleviate some worry and point you in the right direction, don't hesitate to reach out to my clinic, Mind by Design. In addition to psycho-educational evaluations, we offer speech and language evaluations and therapy, academic tutoring, executive function coaching, and parent coaching. At Mind by Design, we're here for your children and for you as their caring and supportive parents.

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15255 Dickens Ave	2,126	4	3	\$2,988,888	\$2,780,000	1,307.62
138 Blossom Glen Way	1,926	4	3	\$2,599,999	\$2,715,000	1,409.66
277 Carlton Way	1,997	4	3	\$2,798,000	\$2,649,650	1,326.82
123 Briarwood Way	1,612	3	2	\$2,498,000	\$2,601,000	1,613.52
5304 Lenora Ave	2,057	4	3	\$2,360,000	\$2,451,000	1,191.54
296 Carlton Ave	1,296	3	2	\$1,978,000	\$2,350,000	1,813.27
5471 Begonia Dr	1,598	4	2	\$1,698,000	\$2,125,000	1,329.79
5092 Harwood Rd	1,497	3	2	\$1,749,000	\$2,100,000	1,402.81
2489 Kingfield Way	1,466	4	2	\$1,999,990	\$1,999,990	1,364.25
4960 Bel Escou Dr	1,204	3	2	\$1,699,000	\$1,900,000	1,578.07
200 Barbara Dr	1,612	4	2	\$1,799,000	\$1,900,000	1,178.66
1949 Laurinda Dr	1,361	3	2	\$1,599,000	\$1,825,000	1,340.93
4818 Aspen Ct	1,114	3	2	\$1,399,000	\$1,780,000	1,597.85
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